

Sports Safety



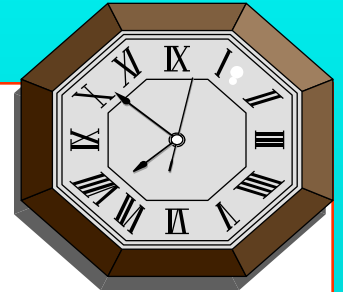
Unsafe Acts

Sports Safety



Unsafe Acts

Off-Duty Safety



- Safety can not be just a workday concern
- More than 50% of disabling injuries happen off the job
- During 1995 off-duty accidents resulted in:

* 876 injuries

* 11,753 lost days

* 131 deaths



- Safety must be a way of life with around-the-clock emphasis

Sports Safety



Unsafe Acts

Injury Prevention



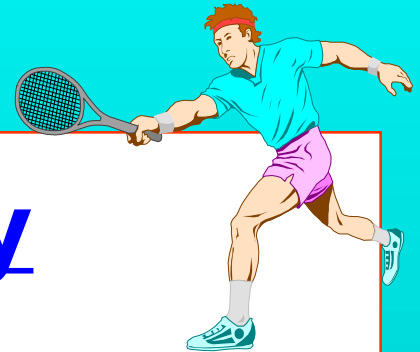
- Be physically fit and conditioned for the sport
- Always use appropriate, high quality game and personal protective equipment
- Participate with athletes at your skill level
- Inspect area, identify and correct safety hazards prior to participating
- Briefly review safety hazards and accident prevention techniques before participating

Sports Safety



Unsafe Acts

Recreational Safety



- ② **Get in shape, start slowly**
- ▮ **Choose exercise appropriate for your age and conditioning**
- ▮ **Start with warm-up**
- ▮ **Finish with cool down**
- ▮ **Know your exercise limits**
- ▮ **Dress appropriately**

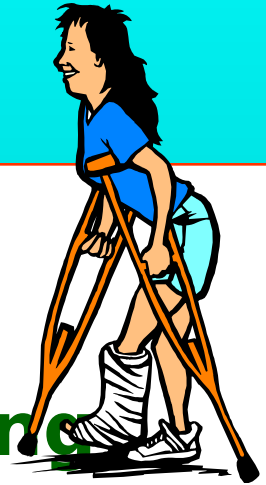
Sports Safety



Unsafe Acts

Sport Injuries

More soldiers are injured playing sports than performing combat soldiering activities.



Basketball is the most frequent sports injury producer in the military.

Sports Safety

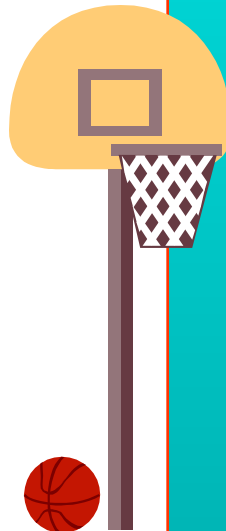
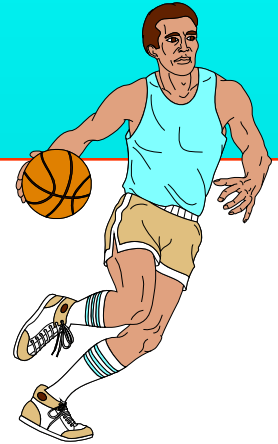


Unsafe Acts

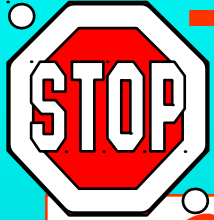
Sport Injuries

Before taking the court..

- n Warm up
- n Stay physically fit. Fit soldiers are less prone to accidents
- n Wear appropriate shoes and socks
- n Wear knee pads to protect knees
- n Participate only in games at your skill level
- n Ensure playing surface is safe and goals



Sports Safety



Unsafe Acts

Bicycle Safety



- n Bicycle crashes result in 800-900 deaths per year

- n 90% of bicycle-related deaths involve collisions

Before you ride.....

with motor vehicles

- n Inspect your bicycle for serviceability

- n Wear a helmet

- n Inflate tires properly

- n Check your brakes

Sports Safety



Unsafe Acts

Bicycle Safety



When you ride.....

- n See and be seen**
- n Carry a backpack with essential repair tools**
- n Avoid riding at night**
- n Ride single file with traffic and obey traffic signs**
- n Use hand signals**
- n Stay alert for road hazards**
- n Watch for motorists**

Sports Safety



Unsafe Acts

Jogging Safety



- n Pace yourself**
- n Good running shoes are essential**
- n Always jog against traffic**
- n Be seen while running**
- n Finish with cool down**
- n Headphones are prohibited**

Sports Safety

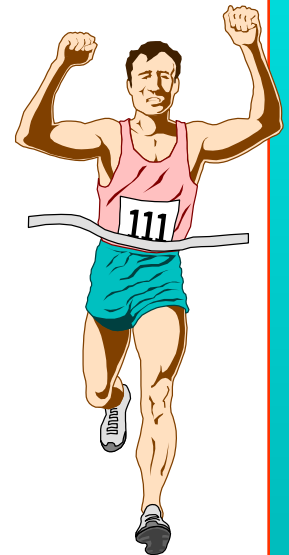


Unsafe Acts

Jogging Safety



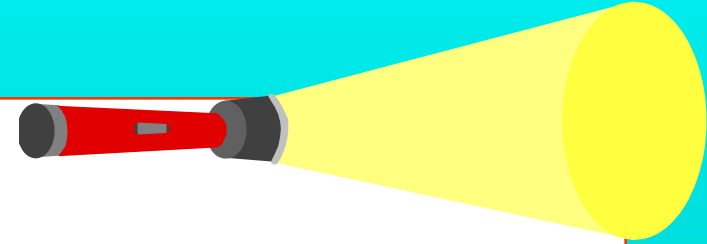
- Avoid heavily traveled roads
- Run single file
- Wear reflective and bright/light clothing and shoes
- Stop and look both ways before crossing all roads



Sports Safety



Unsafe Acts



Pedestrian Safety

- Walk facing traffic - be attentive to traffic
- Wear light colored clothing, use reflectors, and carry a flashlight
- Be prepared to move to avoid accidents
- Remember driver vision is greatly reduced by darkness
- Frequently warn children about safety hazards and responses

Sports Safety



Unsafe Acts

Backpacking Safety

- Great for physical fitness and fun
- Requires pre-planning
- Use official maps
- Time available & destination should be in concert
- Take appropriate clothes. Weather can change significantly from day to night
- Pack emergency equipment: Extra water, food, compass, matches & knife.
- Leave an itinerary with a friend or relative



Sports Safety

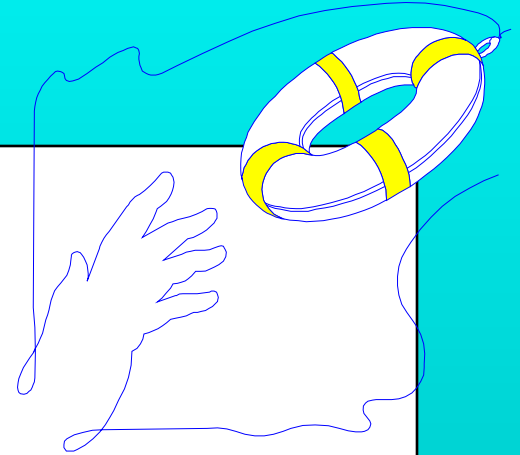


Unsafe Acts

Water Safety

Drownings.....

- n Are a leading cause of soldier death**
- n Most often occur during off-duty recreational swimming in unauthorized swimming areas after dark**
- n Frequently related to alcohol use**



Be Safe around Water

Sports Safety



Unsafe Acts

Water Safety



- n Learn to swim and know “your limits”
- n Use the buddy system
- n Swim in supervised areas
- n Obey “NO DIVING” signs
- n Don’t drink and swim
- n Wear PFD’s when boating and fishing
- n Know the weather conditions
- n Use common sense - don’t swim after eating,
while chewing gum or after drinking.

Sports Safety

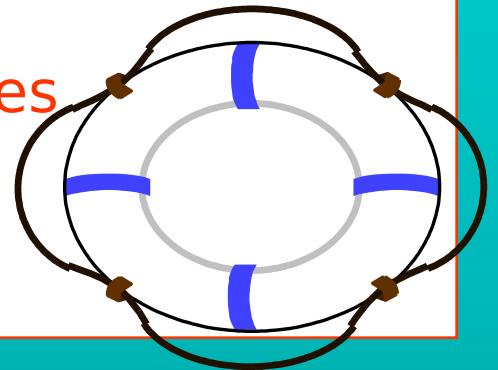


Unsafe Acts



Swimming Safety

- Conduct a risk assessment/safety survey of area prior to swimming
- Identify and pay particular attention to non-swimmers & limited swimmers
- Prebrief all participants on water safety
- Learn basic life saving and CPR techniques



Sports Safety



Unsafe Acts

Watch out for the “Dangerous Too’s”

- n Too tired
- n Too cold
- n Too far from safety
- n Too much sun
- n Too much strenuous activity



Sports Safety



Unsafe Acts

Water Safety



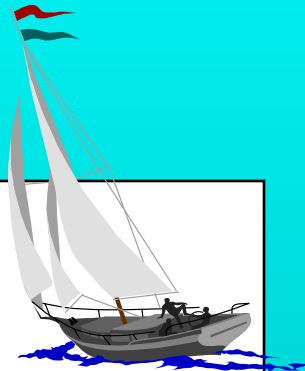
Most boating mishaps involve capsizing, falls overboard and collisions. About 90% of all fatalities are caused by drowning, and in nearly all cases personal floatation (PFD's) were NOT

Sports Safety



Unsafe Acts

Boating Limits



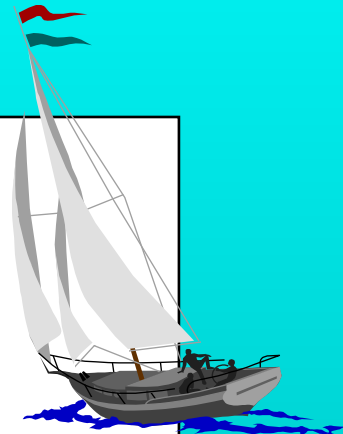
- n Limit loading your boat to recommended weight**
- n Limit movement inside the boat**
- n Limit boating to safe weather and water conditions**

Sports Safety



Unsafe Acts

Boating Safety Tips



- n Yield right of way
- n Be aware of others
- n Avoid alcohol
- n Maintain a safe speed
- n Don't overload
- n Don't loan to inexperienced operators
- n Wear proper clothing
- n Ensure proper maintenance

Sports Safety

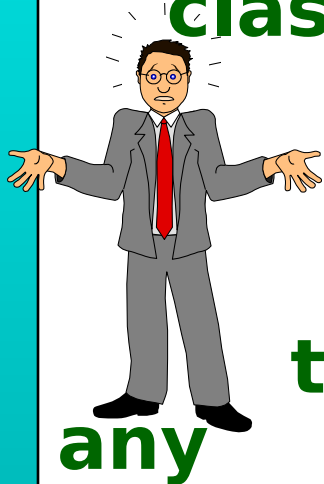


Unsafe Acts



Jet Skis

“Jet Skis” or “personal watercraft” are classified as Class A inboard boats.



What does that mean?

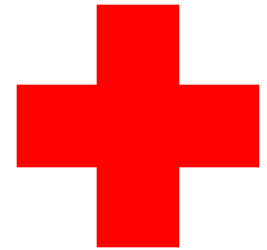
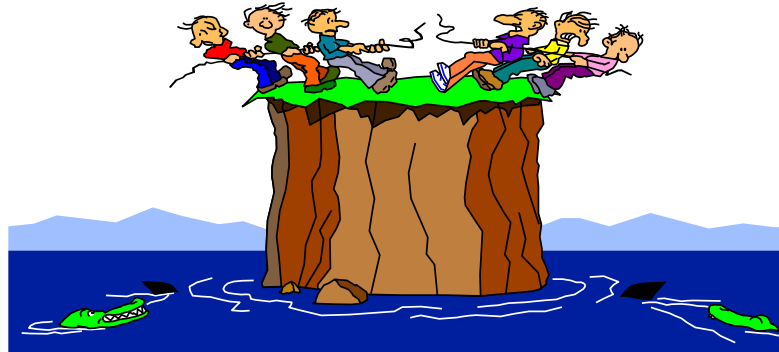
It means that they are subject to the same rules and regulations as any other power boat.

Sports Safety



Unsafe Acts

Fishing Safety



- Obtain weather info before departing
- Exercise caution around lantern and stove fuel and gasoline
- Never fish alone
- Ensure everyone wears a life preserver if in a boat
- Take cover if there is a threat of lightning

Sports Safety



Unsafe Acts



Personal Flotation Device

- Personal Flotation Devices (PFD) must-wear situations:
 - Water skiing
 - Riding personal watercraft
 - Children under age 12 in boats
- Boats under 16' must carry a wearable PFD for each occupant
- Boats 16' and over must carry a wearable PFD for each occupant and a throwable life preserver



Sports Safety



Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER



DRINKING + WATER = TROUBLE

Sports Safety



Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER



PERSONAL
FLOATION DEVICE



**IT WON'T WORK
IF YOU DON'T WEAR IT**

Sports Safety



Unsafe Acts

Animals and Reptiles

HAZARDS:



To prevent potential rabies exposure, avoid wild animals, bats, and domestic animals which are unknown to you or which display strange behavior

Sports Safety



Unsafe Acts

Animals and Reptiles

Poisonous snakes



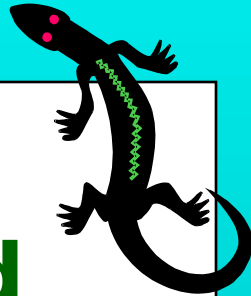
Several types of dangerous snakes are indigenous to this area to include rattlesnakes, copperheads, water moccasins (cotton mouths), and coral snakes. Treat all snakes as if they are poisonous. Most bites result from handling or aggravating snakes.

Sports Safety



Unsafe Acts

Insects



Ticks, spiders, scorpions, and insects

Identify personnel who are allergic to insect bites or stings and ensure that they have an emergency first-aid kit on hand.

- n Use insect repellent (follow directions)
- n When camping, inspect bedding before use, and
avoid sleeping or leaving clothes in damp places.

Sports Safety

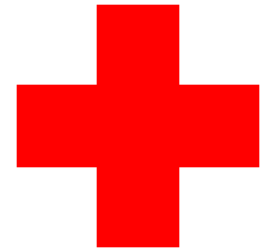


Unsafe Acts

Animals, Reptiles, and Insects



IF YOU HAVE:



- n Unusual bite**
- n Tick bite (do not remove tick)**
- n Multiple bites**

SEEK MEDICAL ATTENTION!!

Sports Safety



Unsafe Acts



Heat Injury Prevention

The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Heat injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.

Sports Safety



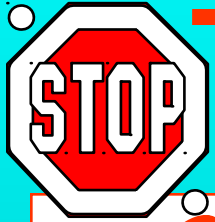
Unsafe Acts



Heat Injury Prevention

- Drink plenty of water
- Avoid heavy meals at lunch time
- Maintain a well balanced diet
- Wear appropriate clothing
- Use sunscreen
- Follow recommended work/rest cycles

Sports Safety



Unsafe Acts



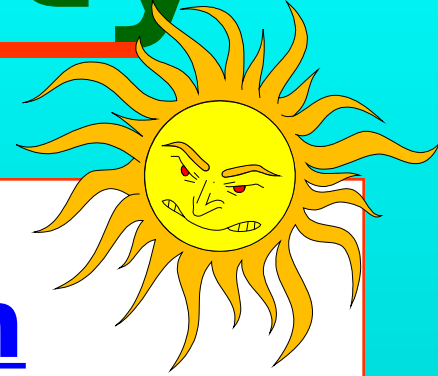
Heat Injury Prevention

- Keep areas well ventilated
- Schedule outdoor activities during the cooler part of the day
- Use the buddy system
- Monitor those at risk
- Use common sense

Sports Safety



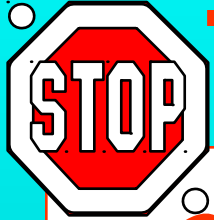
Unsafe Acts



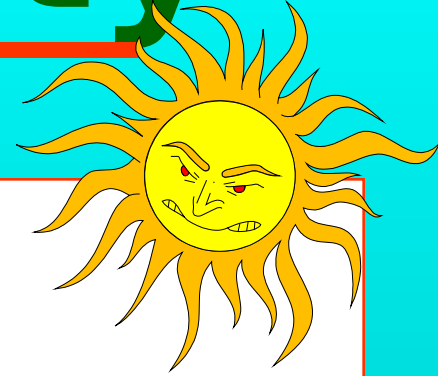
Sunburn Prevention

- ② Use sunscreen - reapply frequently
 - ▢ Moderation - avoid extended exposure during peak hours (1000-1600)
 - ▢ Avoid repeated exposure
 - ▢ Seek medical care if severely

Sports Safety



Unsafe Acts



Heat Rash

CAUSE

Skin irritation caused by excessive sweating in a hot humid environment

SYMPTOMS

Appears as a cluster of pimples or small blisters neck, groin area; under breasts & arms; and skin creases

TREATMENT

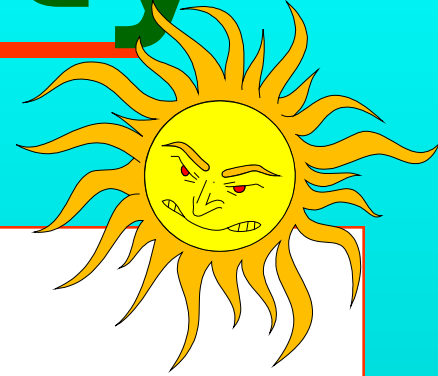
Baby powder with corn starch

Cool shower - avoid lotions - change clothes frequently

Sports Safety



Unsafe Acts



Heat Cramps

CAUSE

Excessive loss of salt from the body

SYMPTOMS

Painful cramps of the major muscle groups
(arms, legs, or stomach)

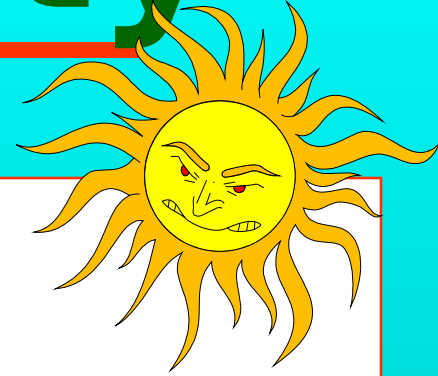
TREATMENT

Provide cool water - shade - monitor

Sports Safety



Unsafe Acts



Heat Exhaustion

CAUSE

Excessive loss of salt and water in the body

SYMPTOMS

Profuse sweating - headache - paleness - weakness
nausea - cool moist skin - tingling sensation in
extremities

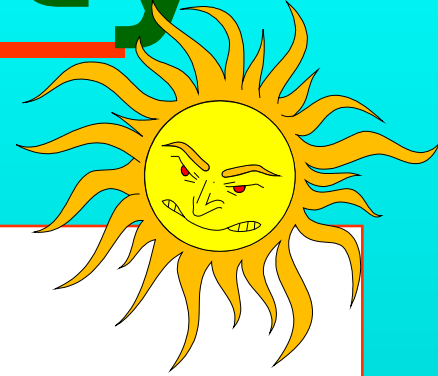
TREATMENT

Provide water - shade - elevate feet - monitor
seek medical attention immediately

Sports Safety



Unsafe Acts



Heat Stroke

CAUSE

The body's heat regulatory mechanism stops

SYMPTOMS

Headache - dizziness - delirium - weakness -
nausea

red, hot skin - unconsciousness

TREATMENT

MEDICAL EMERGENCY!!

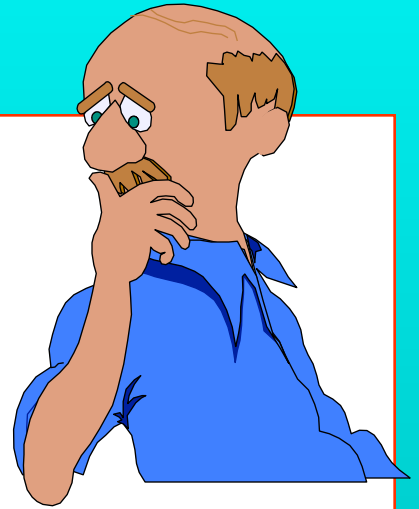
cool shaded area - soak clothing and fan - elevate
feet

Sports Safety



Unsafe Acts

Questions to ask Yourself



- What will be the next accident in my organization?
- Who will it likely involve?
- What should I be doing to prevent it?